

QUITTING TAKES PRACTICE

WHEN CAN I CALL?

The Georgia Tobacco Quit Line is available everyday (7 days/week).

HOURS OF OPERATION:

Days: Monday-Sunday

Time: 8:00 am-midnight (EST)

Callers can call after hours, leave a message and will be contacted within two business days.

Healthcare professionals:

Please visit the "Be Smoke-Free" section at www.LiveHealthyGeorgia.org to access the Georgia Tobacco Quit Line Referral Form and information.



A Free and Effective Service

The Georgia Tobacco Quit Line is a public health service funded by the Georgia Department of Public Health through the Georgia Tobacco Use Prevention Program (GTUPP). Counseling services are available at no-cost to Georgia adults, pregnant women and teens (ages 13 and older).

Georgia Tobacco Quit Line coaches are highly trained tobacco cessation specialists.

To learn more about the Georgia Tobacco Quit Line, please call our toll-free number:

1-877-270-STOP

1-877-270-7867 (English)

1-877-2NO-FUME (Spanish)

For Hearing Impaired:

TTY services: 1-877-777-6534

www.livehealthygeorgia.org

Georgia Department of Public Health
Georgia Tobacco Use
Prevention Program (GTUPP)
Two Peachtree Street, N.W.
Suite 16-252
Atlanta, Georgia 30303-3142
(404) 657-0603



**Live
healthy
georgia**



Sources: U.S. Surgeon General Report, North American Quitline Consortium (NAQC), Smoke Free Families.

GEORGIA TOBACCO QUIT LINE

YOUR REASON FOR QUITTING TODAY



When you are ready, we're here.

Call the Georgia Tobacco Quit Line Today.
A Free and Effective Service That Helps Georgians Quit
Smoking and Using Tobacco

1-877-270-STOP (1-877-270-7867)
WWW.LIVEHEALTHYGEORGIA.ORG

Funding provided by the Centers for Disease Control and
Prevention-Office of Smoking and Health

THE BEST TIME TO QUIT IS NOW

Sometimes success requires a little help. One important step to improving your health is to quit smoking.

Whether you want to quit today, or if you tried to quit in the past and need a little extra support; and have questions, the Georgia Tobacco Quit Line is available 7 days a week to help you quit for life.

A FEW GOOD REASONS TO CALL IT QUILTS TODAY.

Your Family and Friends- Live a healthier and longer life and watch your family grow. Live to celebrate more priceless moments with your family and friends. They all need you.

Your Health & Quality of Life- Tobacco use is a major cause of lung cancer and other types of cancer, heart disease and chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema. It contributes to asthma, diabetes and pregnancy complications.

Your Finances- The average smoker spends \$500 to \$3,000 each year.

Your Future- Live a longer life to enjoy retirement.



DOES THE TOBACCO QUIT LINE WORK?

Evidence shows that callers who enroll in Tobacco Quit Line services are 2-4 times more likely to succeed than those who try to quit on their own.

WHO CAN CALL? ALL GEORGIANS

The Georgia Tobacco Quit Line is available to all Georgia adults, pregnant women and teens aged 13 and older who want to quit using tobacco.

Anyone can call the Georgia Tobacco Quit Line.

- Family members and friends– to learn more about supporting a loved one.
- Healthcare providers– to support their patients.
- Employers-to support their valued employees.
- School staff-to support their students and co-workers.

WHAT HAPPENS WHEN YOU CALL?

Callers are greeted by a Quit Line Coach trained in evidence-based cessation counseling. Callers receive FREE:

- Helpful quitting tips/techniques & support.
- A personalized Quit Plan, self-help materials and "Quit" kit.
- Current information about local tobacco cessation support groups and resources.
- Current information about Food and Drug Administration (FDA) approved medications that can help with cessation.



BENEFITS OF TOBACCO CESSATION

Tobacco use is a major cause of various forms of cancer, chronic obstructive pulmonary disease (COPD) and heart disease.

Health improves within minutes of quitting:

2 Weeks to 3 Months After Quitting

Heart attack risk begins to drop. Lung function begins to improve.

1 to 9 Months After Quitting

Coughing and shortness of breath decrease.

1 Year After Quitting

Added risk of coronary heart disease is half that of a smoker's.

Within 5 Years of Quitting

Risk of cancer of the mouth, throat and bladder is cut in half.

10 Years After Quitting

Risk of dying from lung cancer drops by half.